

# National Minority Mental Health Awareness Month JULY

The Encompassing Center  
3019 W. Harrison St. Chicago Il. 60612  
773-638-5703

July 2023 Newsletter  
Volume VII

## NATIONAL MINORITY MENTAL HEALTH

Each July, several mental health organizations across the country shed light on the multitude of mental health experiences within communities of color, including Black and Indigenous people, and others that face disproportionate inequities due to systemic barriers and historical adversity.

Yes, everyone's mental health is important. But research shows that social determinants, such as race and ethnicity, play a significant part in how healthcare is affected and accessed by people. This rings true for mental healthcare. According to the Centers for Disease Control and Prevention, racial and ethnic minorities often face more hurdles in accessing the mental health support they need. In fact, some racial and ethnic minority groups have experienced even higher rates of mental health conditions since the start of the COVID-19 pandemic.

July was first declared as National Minority Mental Health Awareness Month in 2008. Since then, July has been a time to acknowledge and explore issues concerning mental health, substance use disorders, and to destigmatize mental illness and enhance public awareness of affected minority groups across the U.S.

According to Clarity Clinic: [www.claritychi.com](http://www.claritychi.com), studies suggest that racial minority groups and sexual minority groups show higher levels of anxiety, depression, suicidal tendencies, post-traumatic stress disorder (PTSD), and other mental health prejudice towards such stigmatized minority groups is a major cause of feelings of rejection, estrangement, and harassment. Moreover, immigration status, economic conditions, education levels, and access to public health benefits are just a few differences that can adversely impact the experiences of various ethnic groups in the U.S.

**Minority Mental Health Awareness, allows all to see that mental health equity is imperative to everyone having a fair and just opportunity to reach their highest level of mental health and emotional well-being.**

Love and kindness are never wasted

"Live life to the fullest, and focus on the positive"

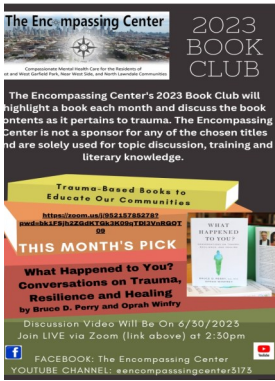
"You will never do a whole lot unless you are brave enough to try."

"Forever Move Forward"

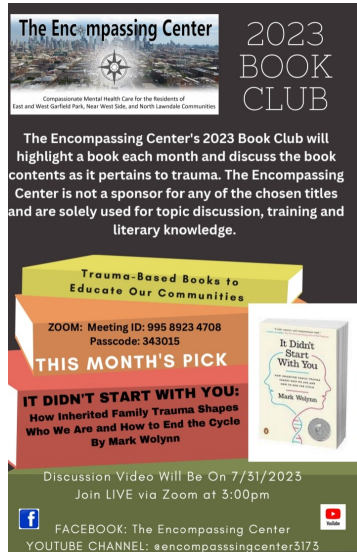
The Encompassing Center observes National Minority Mental Health Awareness Month **each July!**



June's Book-club reading  
and Youtube discussion  
link



[https://youtu.be/  
q\\_PjYbN7oXA](https://youtu.be/q_PjYbN7oXA)



It Didn't Start With You,  
By: Mark Wolynn

The latest research affirms that traumatic experiences are passed on to future generations and that this emotional inheritance is hidden in everything, from our gene expression to everyday language; this plays a far greater role in our health than ever previously understood.

Building off the work of the leading experts in neuroscience and posttraumatic stress, Mark Wolynn has developed a pioneering approach to identifying and breaking these inherited family patterns. "It Didn't Start with You" is his accessible, pragmatic, and prescriptive guide to a method that has helped thousands of people reclaim their lives.

"Full of life—changing stories, powerful insights, and practical tools for personal healing, It Didn't Start with You deserves a place on your bookshelf."

—Mark Matousek, author of Ethical Wisdom

## EVERYONE'S MENTAL HEALTH IS IMPORTANT!

### MENTAL HEALTH HOTLINES

#### 988 Suicide & Crisis Lifeline 988

988 is the a three-digit dialing code that will connect callers in crisis to trained counselors that will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

#### Crisis Textline

Text HOME to **741741** to connect with a volunteer Crisis Counselor  
Free 24/7 support at your fingertips.

#### CARES & SASS 1-800-345-9049

*Crisis hotline, mental health evaluation, and other services for youth and adults with Medicaid.*

**NAMI** Chicago's free Helpline is available seven days a week at **833-626-4244** to help individuals, loved ones and professionals talk through your options. Whether it's weighing choices for mental health treatment or therapy, making a plan for someone's safety or talking through what assistance programs are available - we're happy to help.



# The Encompassing Center



Compassionate Mental Health Care for the Residents of  
East and West Garfield Park, Near West Side, and North Lawndale Communities

# PROFESSIONAL CLOTHING DRIVE



TEC Women's Group Initiative



**The Encompassing Center will be accepting gently used professional and business casual clothes:**

**Acceptable items: Purses, Pants /Skirts, Blouses/ Tops, Jackets, Belts, Accessories and Hygiene Products!**

**Professional Pantry to Open October 2023**

**ITEMS CAN BE DROPPED OFF DAILY!**

**3019 W. HARRISON STREET, CHICAGO, IL 60612**

**9AM-4:30PM**

# The Enc<sup>o</sup>mpassing Center



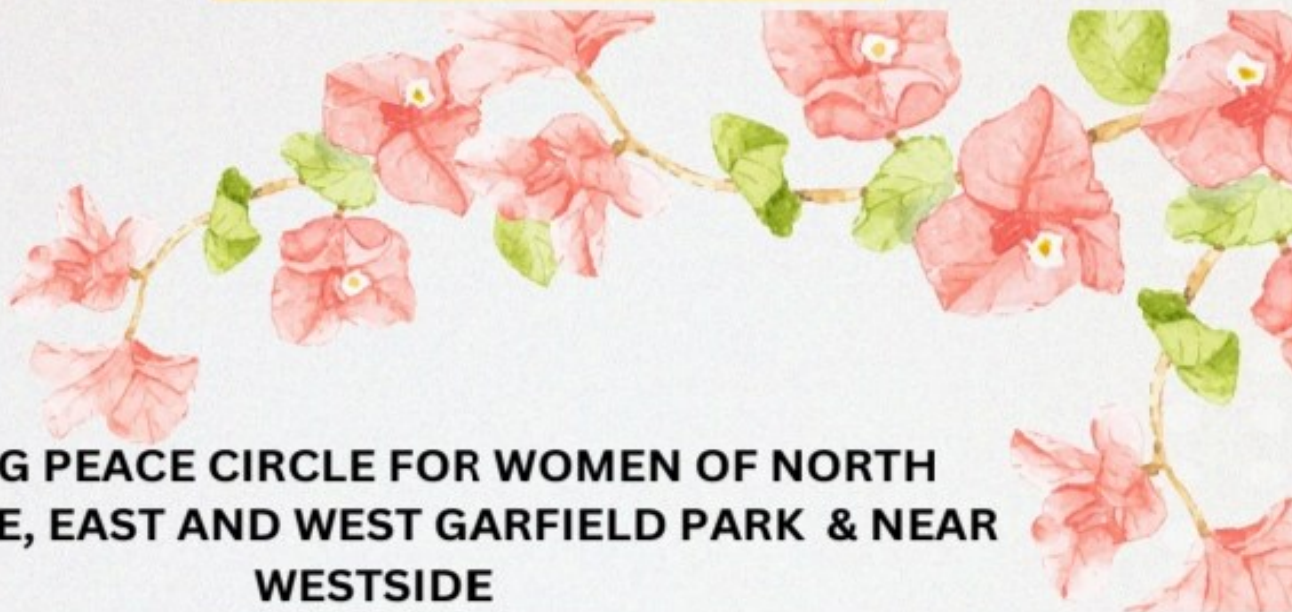
Compassionate Mental Health Care for the Residents of  
East and West Garfield Park, Near West Side, and North Lawndale Communities



## TEC WOMEN'S CIRCLE

3019 W. Harrison St., Chicago, IL 60612  
773-638-5703

Tuesdays at 11am :  
Starts AUGUST 8, 2023



HEALING PEACE CIRCLE FOR WOMEN OF NORTH  
LAWNDALE, EAST AND WEST GARFIELD PARK & NEAR  
WESTSIDE

# THE ENCOMPASSING CENTER

The Encompassing Center is so excited to be of service to the residents of North Lawndale, East and West Garfield Park, and Near Westside Communities. Since opening in October of 2019, the Center has serviced over 758 individuals for individualized care. This does not include all the students from the 9 schools/ youth organizations for drop-in/groups/ school-based services and the many partners that request our services through trainings and events.

The Encompassing Center is funded by the property tax dollars of the community citizens it serves, therefore making the residents stakeholders of the center. The trained staff at The Encompassing Center meet people where they are, without judgement and do the best they can for everyone that comes through the door. .

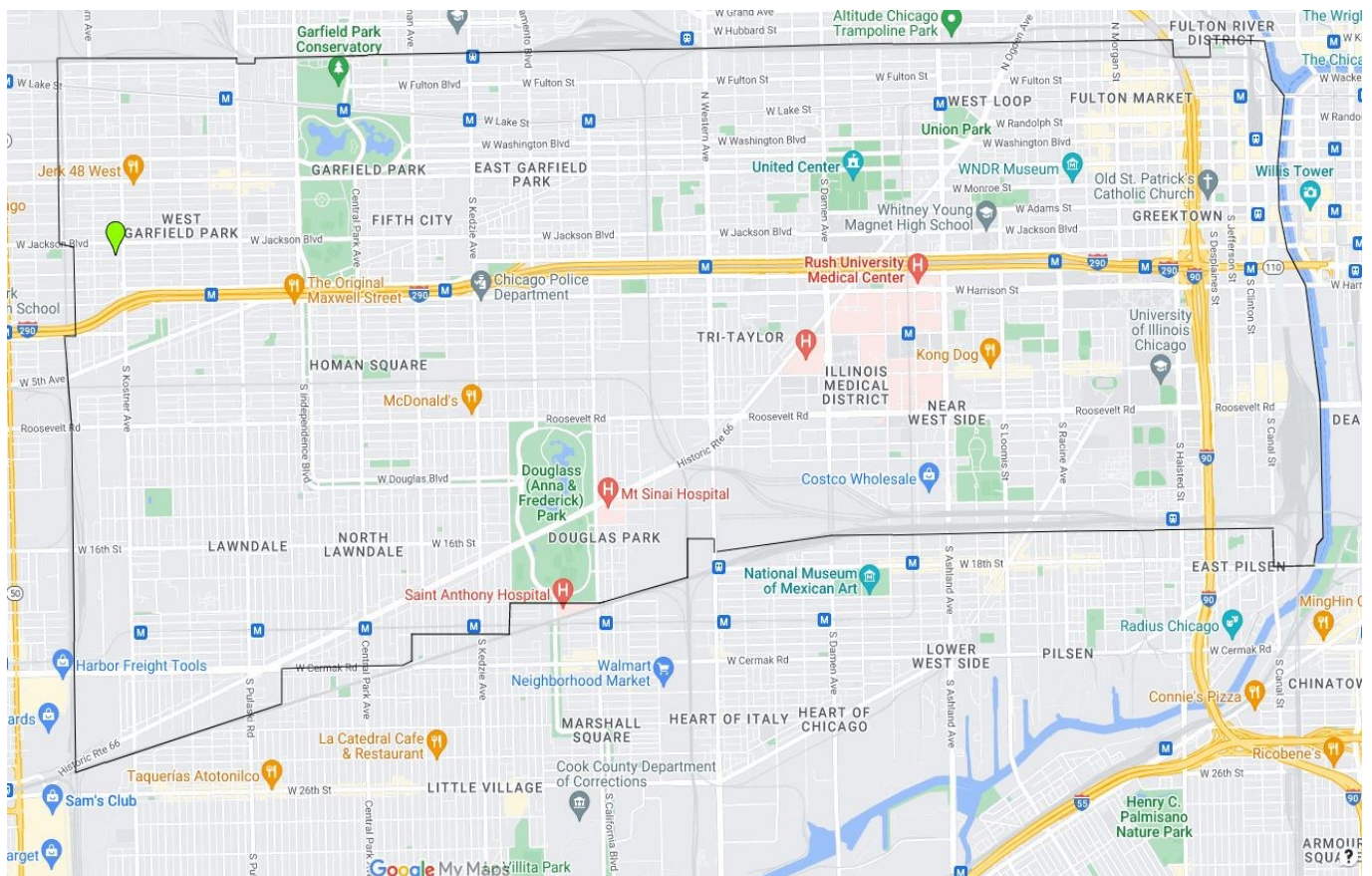
Overall, everyone deserves compassionate healthcare and that is exactly how The Encompassing Center is serving the communities. Healing is a necessity and The Encompassing Center is here to help all members know that they are important and their mental health is important as well.



**Jennifer Smith, LCPC**  
Director - Encompassing Center  
"We meet people where they are"...



*The Encompassing Center brings Mental Health Services to the communities of North Lawndale, East and West Garfield Park and the near Westside. Check out our service map.*



★ ★ ★ 10TH DISTRICT ★ ★ ★  
PRESENTS

# NATIONAL NIGHT

## OUT



POLICE-COMMUNITY PARTNERSHIPS

FREE  
ENTRY

AUG  
01  
4-8PM

**FOOD - LIVE DJ - GAMES - FESTIVAL -  
GIVEAWAYS - BINGO**

3315 W OGDEN AVE- WEST PARKING LOT

**10th District Chicago Police**

# 011<sup>th</sup> District

## National Night Out Garfield Park

### Music Court Circle

*Tuesday, August 1, 2023*

*6:00 P.M. – 8:00 P.M.*



***It's Our Night Out Against Crime!!!***



**Please Wear RED for 100 Blocks/100 Churches!**

*All are welcome! Please join us as we celebrate  
National Night Out!!!*

*A unique crime and drug prevention community event.  
Refreshments, Giveaways, Resources, Fun & Games with Entertainment!!*



**Bring Your Own Chair**



**Scan Me to Register**



OUR CITY  
Our Children  
OUR FUTURE

# Apply Now

Explore early learning options near you for children prenatal to five.



- High-quality programs are available for children from prenatal through 5 years old.
- Year-round full-day programs with extended day options.
- No-cost to low-cost options based on family income.



- Free, full-day high-quality preschool.
- Your child must be 4 by September 1, 2023.
- Limited half-day slots are available for 3-year-olds.



Learn More & Apply Today!  
[ChicagoEarlyLearning.org](https://ChicagoEarlyLearning.org)  
312-229-1690  
@chicagoearlylearning





## Get In-Person Preschool Application Support

Chicago Early Learning applications are open!

Scan the code below to book an appointment at a Family Resource Center near you to apply in-person and verify enrollment.

Library	Address	Telephone	Library Hours of Operation
Altgeld Gardens Branch	955 E. 131st Street Chicago, IL 60827	(312) 747-3270	Mon/Wed 12 p.m. - 7 p.m. Fri 10 a.m. - 4 p.m. Sat 10 a.m. - 1 p.m.
Colman School	4655 S. Dearborn, Chicago IL 60609	(773)-553-2010	Mon-Fri 9:00 a.m. - 4:30 p.m.
Edgebrook Branch, Chicago Public Library	5331 W Devon Ave, Chicago, IL 60646	(312) 744-8313	Mon/Wed 12 p.m. - 7 p.m. Fri 10 a.m. - 4 p.m. Sat 10 a.m. - 1 p.m.
Henry E. Legler Regional Branch	115 S Pulaski Rd, Chicago IL 60624	(312) 746-7730	Tues/Thurs 12 p.m. - 7 p.m. Fri 10 a.m. - 4 p.m. Sat 10 a.m. - 1 p.m.
Little Village Branch	2311 S. Kedzie Ave, Chicago IL 60623	(312) 745-1862	Tues/Thurs 12 p.m. - 7 p.m. Fri 10 a.m. - 4 p.m. Sat 10 a.m. - 1 p.m.
Mount Greenwood	11010 S. Kedzie Ave, Chicago, IL 60655	(312) 747-2805	Tues/Thurs 12 p.m. - 7 p.m. Fri 10 a.m. - 4 p.m. Sat 10 a.m. - 1 p.m.
Sulzer Regional Branch	4455 N. Lincoln Ave, Chicago IL 60625	(312) 744-7616	Tues/Thurs 12 p.m. - 7 p.m. Fri 10 a.m. - 4 p.m. Sat 10 a.m. - 1 p.m.
Vodak-East Side Branch	3710 E. 106th Street Chicago, IL 60617	(312)-747-5500	Mon/Wed 12 p.m. - 7 p.m. Fri 10 a.m. - 4 p.m. Sat 10 a.m. - 1 p.m.
Woodson Regional Library	9525 S Halsted St, Chicago IL 606287	(312) 747-6900	Mon/Wed 12 p.m. - 7 p.m. Fri 10 a.m. - 4 p.m. Sat 10 a.m. - 1 p.m.



Scan to Learn More  
or Call Our Hotline!

312-229-1690  
ChicagoEarlyLearning.org  
@chicagoearlylearning





Sudoku is a great activity to sharpen the mind. The object of Sudoku is to fill in the empty spaces of a 9x9 grid with numbers 1-9 in such a manner that every row, every column and every 3x3 box contains all numbers 1 through 9. It's fun and challenging for all ages . What a great mind stimulator, let's play Sudoku!

	6	5		3	2	4		7
		4			5		6	
	9				7	3	5	
	1	9	7	6				
4				1		6		
		2			4			
		6		5				
			3					
1	7		4					

# THE ENCOMPASSING CENTER



3019 West Harrison  
 Chicago IL 60612  
<https://encompassingcenter.org/>  
 facebook: The Encompassing Center

## REFERRAL FORM

Main # 773 638-5703  
 Cell # 312-723-8679  
 Fax# 773 638-5627

Date Receive: _____	Walk-in	Email	Call	Fax
---------------------	---------	-------	------	-----

Name: \_\_\_\_\_ SEX: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Age: \_\_\_\_\_ Phone: \_\_\_\_\_

Address : \_\_\_\_\_  
 Chicago, IL

Community: \_\_\_\_\_

TYPE	FAMILY	GROUP	ADULT	YOUTH
	Leave Voice Mail		Yes	No

Race:	A.AMERICAN	WHITE	MEXICAN
	A.ISLANDER	P.ISLANDER	OTHER
Hispanic:	MEX/AMERICAN	PUERTO RICAN	CUBAN
	C. AMERICA	S.AMERICAN	OTHER

Guardian Name: \_\_\_\_\_

Guardian phone: \_\_\_\_\_

In-person	Telehealth	Both
-----------	------------	------

Insurance: \_\_\_\_\_  
 E-mail: \_\_\_\_\_

Referred : \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 E-mail: \_\_\_\_\_

1. Are you currently struggling with substance use?	YES	NO
2. Have you struggled with substance used in the past?	YES	NO
3. Are you in need of Psychiatric service?	YES	NO
4. Are you in need of some emergency food items from us?	YES	NO

Request: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Preferred time to call?

Director use only:

DATE: \_\_\_\_\_ CIS \_\_\_\_\_  
 ASSIGNED TO: \_\_\_\_\_ EC CLIENT TRACKING \_\_\_\_\_

# THE ENCOMPASSING CENTER

## West Side Mental Health Services

### The Encompassing Center Provides:

- Individual, Couples, Family, & School-based Counseling
- Psychiatric Services
- Substance Use and Relapse Prevention Services
- Perinatal Narrative Exposure Therapy
- Case Management
- Trauma-Informed Training and Education
- Specialized Groups: Anger Management and Parenting Classes

Residents of East and West Garfield Park, Near West Side,  
and North Lawndale communities

### FOR MORE INFORMATION CONTACT

The Encompassing Center  
3019 West Harrison St.  
Chicago, IL 60612

**(773) 638-5703 or (312) 723-8679**



[www.theencompassingcenter.org](http://www.theencompassingcenter.org)

Services are provided by Catholic Charities providers

